

MOVE! **ATTITUDE!!**



How is your attitude about losing weight? Do you have a positive attitude about doing it? Do you know it is not only possible that you can lose weight, but that you ARE GOING TO lose that extra weight and make sure it stays gone? Or, is your attitude more negative-thinking that it is probably hopeless, if you do lose weight it will be gained right back, and so on?

You know, your attitude has everything to do with your ability to be successful! A negative attitude is a sure-fire path to failure... But a POSITIVE ATTITUDE almost guarantees success! OK.... So how do you get a positive attitude? Here are some tips:

- Think Positive Thoughts-- this is the key. Get rid of “Stinking Thinking”! Whenever a negative thought comes to mind, counteract it with a positive thought. For example, when you catch yourself thinking “I can never do this- it’s just too hard”, then counteract that with “wait a minute—if I just keep doing one small step at a time and don’t panic, I CAN do this!” Replace “I’ve GOT TO HAVE that fried chicken!” with “wait a minute—there actually are lots of other things which taste good I can have”. And so on...
- Think, “I am a good person, and I am worth the effort! This is self improvement, and I am proud of what I am doing”.
- Set small and easily achievable daily goals, such as “today I’m going to take a 20 minute walk at lunchtime”. Then, do it! That way, every day you can make a little progress, and every day you will feel like a winner!
- Reward yourself often for achieving your goals. Pat yourself on the back! Go to a movie. Buy yourself something nice. Do lots of positive self-talk!
- Seek and accept support and encouragement from others.
- Be patient. Permanent weight loss takes time...